

HR Contacts –

Below are the **October** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

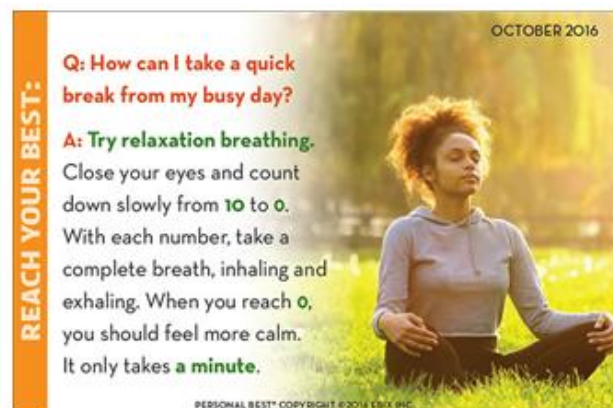


Important News From HealthQuest

October is Open Enrollment!

Open enrollment is the time to decide which health plan option you want for calendar year 2017. We encourage everyone to review the plan design options, look at the coverage, provider network and the out of pocket cost of each plan design and select an option, A or C. For more information there are meetings and webinars going on now. <http://www.kdheks.gov/hcf/sehp/PY2017-Info.htm>

Enrollment will be done online in the Membership Administration Portal (MAP)
<http://sehp.member.hrissuite.com> from **October 1st through October 31st**.



2016 Flu Clinics Continue Through October 31st



All Active employees, spouses, dependents over 18 years of age and retirees who are covered under Plans A or C of the State Employee Health Plan (SEHP) are eligible for a flu shot at no cost. Remember to take your CVS Caremark card to the appointment.

For more Information go to: <http://www.kdheks.gov/hcf/sehp/2014FluShotClinicInformation.htm>

To schedule an appointment go to: www.occuvax.com, in the box labeled "Schedule My Appointment" enter the **Company ID "Kansas" and Password "Kansas"**

Is Your Healthy Smile at Risk?

Oral health is a foundation for overall wellness. By knowing your risks for oral diseases and infections, you can better control the factors that lead to future problems. Here are some factors that increase your risk of mouth infections, dental disease and even oral cancer.

Are You at Risk?

- Do you smoke? Smokers are four times more likely than nonsmokers to develop periodontal (gum) disease.
- Do you use smokeless tobacco? Using tobacco in any form increases the risk of mouth and throat cancer.
- Do you have more than two drinks a day or often have five or more drinks at a sitting? Excessive alcohol consumption can increase your risk of oral cancer.
- Going through hormonal changes? Pregnancy and menopause can cause inflamed gums.
- Have diabetes? People with this condition are at higher risk for gum infections.

What's your score? If you're concerned about your risks, or if you want to learn more about preventing oral disease, visit DeltaDentalKS.com/WellnessConnection to take a quick risk assessment and find out how healthy your smile really is.

Delta Dental of Kansas | DeltaDentalKS.com

Have you Earned your HealthQuest Premium Incentive Discount?

Time is running out! The deadline is **November 15th at 11:00PM.**

1. Obtain your Biometric Values (Glucose, Cholesterol, Triglycerides)
2. Complete the **REQUIRED** Health Assessment Questionnaire
3. Earn 30 total credits.

Click

<http://www.kdheks.gov/hcf/healthquesttrackcredits.htm> for how to check your discount status.

HealthQuest Monthly Seminar – Worth 1 HQ Credit – www.kansashealthquest.com

Fall in Love with Harvest Foods!

Check out the best foods from the fall harvest and learn ways to make the most of them. From easy – to – make soups to apple crisps, get your fall flavor on the healthy way!

For seminars: Log on to www.kansashealthquest.com, click “Rewards” at the top, scroll down & click “More” under “Spend some time in the Library.”

OCTOBER 2016

Safety Corner



Fire Extinguisher Guide

Fire Prevention Week (October 9 to 15) is a good time to learn how to use a fire extinguisher. To make it easy, the National Fire Protection Association recommends remembering the word **PASS**:

Pull the pin. Hold the fire extinguisher with the nozzle pointing away from you, and then release the locking mechanism.

Aim low. Point the extinguisher at the base of the fire.

Squeeze the lever slowly and evenly.

Sweep the nozzle from side to side to put out the fire.

Tip: Read the instructions on the fire extinguisher before you need to use it.



The Final Wellness Challenge this Year – “The Great Outdoors” October

“The Great Outdoors” is a 4 week tiered physical activity challenge beginning October 3rd. From October 3rd – 28th earn activity points for physical activity and being outdoors. **How the Challenge Works:** (Choose your

Level and give yourself one activity point for each activity you do daily – max of 3 points daily). Earn 50 activity points and receive 5 HealthQuest credits.



- **Level 1:**
 - Exercise for 30 Minutes or More
 - Exercise Outdoors
 - Exercise Using a Park (City, County, or State)
- **Level 2:**
 - Exercise for 60 Minutes or More
 - Exercise Outdoors
 - Exercise Using a Park (City, County, or State)

Accumulate 50 points to earn
5 HealthQuest credits.

October 3 - 28, 2016



<https://portal.rxsavingsolutions.com/#/register> - Registration Worth 3 HQ Credits

Double Check And Save

Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by regularly reviewing their current medications. It is not uncommon for patients to see multiple doctors, which increases the chances of taking duplicate medications. Patients need to keep all of their physicians up to date on their current medications to identify any duplicate treatment. Also, patients need to have regular conversations with their doctors, and stay up to date on lab work, to determine if certain medications are still needed. It is important for patients to be active participants in managing their health.



Small Steps to Secure Your Financial Future

We all fall into unhealthy financial habits sometimes. But it's important to break these habits before they start to generate insurmountable debts. Here are some small steps you can take to help secure your financial future:

Use Your Own Bank: Some automated banking machines charge \$3 or more for withdrawals. Use ATMs from your own financial institution and review your banking package.

Limit Credit Card Use: Using credit cards with no plan to pay the debt is financially irresponsible. To avoid getting into debt, use cash or a debit card instead of a credit card where possible.

Pay Debts With Highest Interest Rate First: Any credit card debt is likely to carry a high interest rate. Plan to pay that off first, and put your card away until you do.

Reduce Small, Reoccurring Expenses: A little savings every day can go a long way. Eliminating that extra \$1 coffee each workday can mean an extra \$365 a year in savings.

Avoid "Buy Now Pay Later" Offers: Administrative fees tied to such offers and the high interest rates if you do not pay on time can accumulate quickly.

Talk to Trusted Financial Professionals: With their help, you can evaluate any current debt, determine your financial needs, and make a plan to secure your financial future.

Quarter 4 EAP Campaign – Finance – Webinar Schedule

October 18th @ 3PM – 10 Strategies for
Improving Your Finances

November 16th @ 3PM – Managing
Personal Finances

December 22nd @ 3PM – The Psychology
Behind Saving Money and Other Good
Habits

EAP Monthly Webinar Series – Worth 1 HQ
Credit – October 18th, 2016 at 3PM

10 Strategies for Improving Your Finances

The current economic climate brings both challenges and opportunities from a financial perspective. You may wonder during these challenging times: "What should I be most careful about?" and "What should my family and I work towards?" The 10 financial tips discussed in this work-shop will get you on the road to financial wellbeing during challenging times.

Register at:

<https://attendee.gotowebinar.com/register/4225736919132519171>

Get the help you need
to put your mind at ease.



It happens to everyone. You have a health problem and aren't sure what to do. Whether the issue is affecting you or a family member, now there's a place to turn, 24/7, even nights and weekends.

Nurse24 provides access to an experienced nurse who will:

- ▶ Advise you personally, no matter how big or small the concern
- ▶ Use nationally accredited guidelines to assess your symptoms
- ▶ Provide easy-to-understand explanations about medical tests and results
- ▶ Talk you through self-care for treating minor medical conditions at home
- ▶ Help determine if you need to go to the emergency room
- ▶ Stay on the line until everything's under control

Best of all, it's provided to you at no additional cost, as part of your benefits plan!

Call Nurse24 at 1-888-275-1205 option 2